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**VOICE OF THE CAP NCS NV WING**

**weekly journal**

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## PROMOTIONS



< C/CMSgt Ruben Cruz-Colon  
C/Amn Jonathan Deboy >

**CONGRATULATIONS**

## NCS e-services log on and edit instructions

from **Personnel/Administration Staff**

The easiest and most efficient way for information to be disseminated to cadets and senior members is through email. Most members have entered their email address on National Headquarters e-services site. Some have signed up their email address on Nevada Wing Web Mailing List. Some members email addresses have changed because we have had some undeliverable emails returned. We are asking every member to sign up or correct their email address at both sites.

### National Headquarters e-services

First time users can set up their member account under "Need Help Logging On" and clicking on First time eServices users go to;

<https://www.capnhq.gov/CAP.eServices.Web/NL/Register.aspx>

to activate your account; then they can update their contact information

Log onto e-services

Click on review/edit my info

Click on Contact Information

>>>

Under Current Member Information on file, you can click on edit to add or change:  
Phone number  
Email address

For Nevada Wing website email sign up, follow these instructions:

Go to; [www.nvwg.cap.gov](http://www.nvwg.cap.gov)

From the list on the right side, click on email sign up.

Fill in the information choosing Nellis Squadron and select subscribe, then click on submit.

## 2009 Annual Conference & National Board

Dear CAP Member,

You are cordially invited to attend the 2009 CAP Annual Conference & National Board in San Antonio, Texas, Sept. 2-5. Take this opportunity to meet with members and leaders from across the country or take advantage of the many seminars that will be offered. You can visit [www.capmembers.com/events](http://www.capmembers.com/events) and select the "Annual Conference & National Board Option." The hotel cutoff for the discounted rate of \$149 ends on July 30. If you register online by this date, you will be entered automatically into the drawing for a free laptop computer to be given away at the conference.

**See you in San Antonio!**



**2009  
CIVIL AIR PATROL  
ANNUAL CONFERENCE  
&  
NATIONAL BOARD**

**SAN ANTONIO, TEXAS  
SEPTEMBER 2-5, 2009**



## OPEN HOUSE / JUNE 30

**1Lt Arny Gamson – Public affairs**

Our NCS OPEN HOUSE plans are underway. We have been authorized a place on the marquee at the entrance to the Base. Now we have to decide exactly what to put on it. It will be for all day/Tuesday of the Open House. We were authorized this space from the Base Public Affairs because they know CAP very well, they told me.



We also obtained authorization to pass out flyers at the BX on the Saturday/June 27 before the open house. We can do it from 10AM to 2PM or 4PM. We can do that inside and outside. We'll be looking for volunteers for this event.

I'm working on getting the event listed in the Bullseye/Base Newspaper and PBS.

In addition to all that's going on at Open-House that night during the Nellis Composite Squadron Open House, a CHANGE OF COMMAND CEREMONY will be conducted for the Cadet Commander. C/Lt Col Andrew Mc Laughlin will hand over command of the Cadet Corps to his designated relief.

Please support the Open House and tell everyone you can think of who might be interested in CAP about the Open House. There's another flyer attached to the end of the Newsletter, it lists the many exciting experiences that CAP offers.

**SEE YOU THERE!!**

**This article addresses one of the most important safety issues of the summer season. Let's keep our children safe!!**



**Lt Col Bryan Dinsmore, Safety Officer**

**USE THIS LINK;**

**<http://www.swim-safety.com/>**

**to access all the items at the right**

## Swimming Pool Safety

Swimming Pool Safety

### Spa And Swimming Pool Safety Tips

Almost everyone enjoys swimming on a hot summer day. If you live in a warm climate, you and your neighbors may have pools in your yards. While pools are highly enjoyable, owners must be wise to prevent accidents and even deaths with good swimming pool safety. It is recommended that proper care be taken if one is engaged in recreational or competitive swimming.

*"More children are killed each year in swimming pool accidents than by handguns."*

Swimming is considered to be an excellent type of exercise and is commonly used for the purpose of recreation apart from competitive swimming.

Studies have revealed that swimming can prove as an excellent relaxation technique apart from providing a complete workout of the entire body.

It is often recommended by trainers and physicians for rehabilitation purposes after occurrence of any type of injury or disability. This is primarily because of the fact that the human body's density is similar to that of water. During swimming, the human body is ably supported by water and therefore the level of stress on the human bones and joints is relatively less.

#### Swimming pool safety tips:

- A fence or barrier must be installed around the pool which must be at least 4 feet in height.
- If the pool is in one's home, doors leading to the pool must be protected by door alarm for access by children.
- Power safety covers, which is a barrier (motor-powered) used and placed over the water area, may be used as a substitute for door alarms.
- Ladders and steps must be locked and may be removed when not in use.
- Constant supervision must be made by babysitters while a child is swimming.
- Learn the technique of cardiopulmonary resuscitation, which is an emergency procedure of providing first aid to someone who has problems of cardiac or respiratory arrest.
- There must be no toys, cycles or tricycles near the pool, as they are known to attract children.
- Make necessary arrangements for maintenance and oiling of latches and hinges.
- Keep the pool safe and hygienic.

Swimming Pool Safety

Child Safety

Swimming Lessons

Safety Tips For Swimming

Pool Slides & Diving Boards

Ground Swimming Pool

Above Ground Swimming Pool

Fiberglass Pool

[Pool Fence](#)

Child Safety Pool Fence

Removable Pool Fencing

Pool Safety Covers

Pet Pool Safety

Swimming Pool Alarms

Spa Safety

Hot Tub Health & Safety

Swimming Pool Decks

Swimming Pool Pumps And The Danger Of Suction

Winterizing Pool

Pool Insurance

Swimming Pool Ionizers

Safety Resources



A hot tub or spa, just like swimming, is another form of water activity that is used by people mainly for rejuvenating their tired bodies. Spa bathing is used as an excellent relaxant and is popular all over the world.

The spa provides a treatment, done through the medium of water, which is also known as balneotherapy. It may also denote an activity performed in a tub, or a "long hot bath" used for the purpose of relaxation and invigoration which includes a device for increasing whirlpools in water.

Similar to swimming pool safety, take these measures to ensure spa safety:

- Regular maintenance and conformity to the guidelines issued by health and government authorities must be ensured at all times, without any irregularity.
- The skimmer covers must be unbroken and screw-fastened and in place.
- There must be regular removal of obstructions from the main drain cover and always ensure that the heater, electrical equipment and wiring of spa are functioning in a normal state.
- In case of a smell around the heater, call the concerned authorities immediately.
- And remember, it is always wise to follow the guidelines, rules and regulations prescribed by the local, health and governmental authorities.

All in all, the pool and spa must always be in a safe, hygienic and in conformity with the predefined rules and procedures. Proper care must be taken when children are near the pool. Swimming must not be taken under the influence of any drugs, alcohol or sedatives. Proper supervision and training must be taken before swimming. There must be availability of first aid at all the times near the pool to take care of any emergencies.

Avoid accidents with these swimming pool safety strategies and insure years of joy and health for you and your family.

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**Copy and pass out the following flyer. This is ideal for people who want to know, WHAT DOES CAP DO? Put your E-mail/phone at the bottom left if you want them to contact you. ....**

# Are You Dependent on Virtual Reality?



## CIVIL AIR PATROL CADET PROGRAMS

Don't think that a personal computer will be the closest you will ever come to flying an aircraft, being involved in search and rescue missions, or traveling around the world. In the Civil Air Patrol's Cadet Program, kids just like us are experiencing these things and a whole lot more!

Cadet Program membership offers many exciting experiences:

- Survival Training
- Search and Rescue
- Disaster Relief
- Radio Communications
- Model Rocketry
- Flight Training (both powered & glider)
- Leadership Training
- Public Speaking
- First Aid & CPR
- Photography
- Astronomy
- Physical Fitness
- Sports Activities
- Scholarships
- Exchange program



If you are 12-18 years old, check out membership in one of the most active youth programs in America today.

[www.cap.gov](http://www.cap.gov)

LOCAL UNIT INFORMATION

[CRISCAP@LIVE.COM](mailto:CRISCAP@LIVE.COM)

Why settle for "Virtual Reality" when you can have the real thing?

**CIVIL AIR PATROL**  
*where imagination takes flight*

105 S. Hansell St., Bldg 714 • Maxwell AFB, AL 36112-6332



HQCAP(04-6619)100M